## Now a Healthier Choice Available at Galaxies.



# Friday Summer Sunsets

Theme nights, music, food, fun and more!



If you are trying to watch your waistline, shed a few pounds or looking for something that is healthy, delicious and made fresh... Galaxies has the perfect solution. For a limited time only, they're grilling up tasty Turkey Burgers. Each burger is 100% ground turkey, grilled to perfection, placed on a wheat bun and topped with lettuce, tomato and sliced onions.



# YoungBloodz Live in Concert!

See page 4 for complete details.

Rockin' Monday Mayhem July 10 & 24 August 14 & 28

> Tuesday is... Honky Tonk Night

Wednesday is... Old School Night...'70s - '90s

Thursday is...Latin Night

Friday is...Hip Hop Night

Saturday is...Top 40 Night Fun begins each night

@ 8 p.m.





There is no better way to spend a Sasebo summer Friday night than relaxing and unwinding with friends after a long week. Watch for Galaxies' upcoming Friday evening events alternating this summer between Galaxies and the Hario Pub. Each scheduled night will include a special theme, music, music videos, concert videos, classic movies, food, and friends.

While you're making your plans for a day at the beach or park, make your day a little easier by stopping by the Galaxies' food court, located on the second floor, for a couple of wraps made just the way you like. Choose from a generous selection of Tuna, Thai, B.L.T. or even Vegetarian. Pick them up, load them in the cooler and off you go to start your exciting summer day.

## DAILY LUNCH SPECIALS

Monday - Friday • 11 a.m. - 2 p.m. • \$5 includes a soda. While supplies last!

#### JULY

Monday: Beef Fajitas Served with Mexican Rice & Refried Beans

Tuesday: Chicken Katsu Served with Egg Rolls and Steamed Rice

Wednesday: Spaghetti & Meatballs Served with Tossed Salad & Bread Sticks

Thursday: Baked Chicken Italiano Served with Mixed Vegetables & a Roll

Friday: Pork Chop Suey Served on a Bed of Steamed Rice with Egg Rolls

### AUGUST

Monday: Chicken Enchiladas Served with Mexican Rice & Refried Beans

Tuesday: Beef Shepherd's Pie with Mixed Vegetables Served with Whipped Potatoes & Cheddar Cheese

Wednesday: Southern Fried Chicken Served with Potato Salad & Mixed Vegetables

Thursday: Bacon Wrapped Sirloin Served with Whipped Potatoes & Mixed Vegetables

Friday: Oriental Chicken Salad Served with Japanese Dressing & Bread Sticks